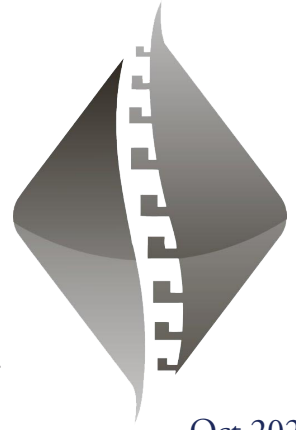


# VANDAM CHIROPRACTIC



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## CHIROPRACTIC AND A WOMEN'S CHANGE

Chiropractic care offers valuable support for women experiencing perimenopause, menopause, and post-menopause. These life stages bring hormonal changes that can affect various bodily systems, including the musculoskeletal structure. Chiropractors address these changes through specialized techniques and approaches.

Many women report increased joint pain and muscle tension during perimenopause. Chiropractic adjustments can help alleviate these discomforts by improving spinal alignment and reducing nerve pressure. This may lead to decreased pain and enhanced mobility.

Menopausal women often struggle with sleep disturbances and mood swings. Chiropractic care balances the nervous system, improving sleep quality and regulating mood. By addressing spinal misalignments, chiropractors aim to optimize nervous system function, potentially easing these common menopausal symptoms.

Post-menopausal women face an increased risk of osteoporosis and related fractures. Chiropractic techniques can help maintain bone density and improve overall posture. Regular adjustments may also enhance balance and coordination, reducing fall risks in older women.

Hot flashes, a hallmark of menopause, can disrupt

daily life. Some women report reduced hot flash frequency and intensity after receiving chiropractic care. This improvement may be linked to better nervous system regulation achieved through spinal adjustments.



Chiropractors often incorporate nutritional counseling into their practice. They may recommend specific supplements or dietary changes to support bone health and hormone balance during these transitional phases. This holistic approach addresses not only structural issues but also overall well-being.

Many women experience weight gain during menopause. Chiropractic care can support weight management efforts by improving spinal health, which may increase mobility and make exercise more comfortable. Additionally, chiropractors can offer guidance on maintaining a healthy lifestyle during this time.

Headaches and migraines often increase during perimenopause and menopause. help reduce the frequency and severity of these headaches. This can significantly improve the quality of life for women struggling with this symptom.

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Chiropractic care also addresses pelvic floor dysfunction, a common issue in menopausal and postmenopausal women. Techniques aimed at improving pelvic alignment can help alleviate symptoms such as incontinence and pelvic pain.

Research supports the benefits of chiropractic care for menopausal symptoms. A study published in the *Journal of Chiropractic Medicine* found that chiropractic treatment improved quality of life scores in postmenopausal women with low back pain (1). Another study in the *Journal of Manipulative and Physiological Therapeutics* reported reduced pain and disability in menopausal women receiving chiropractic care (2).

Women considering chiropractic care during these life stages should consult a qualified practitioner. A thorough examination and personalized health plan can ensure the most effective approach for each individual's needs. With its focus on natural, non-invasive techniques, chiropractic care offers a promising option for women seeking relief from the challenges of perimenopause, menopause, and postmenopause.

## A KEY TO KEEPING SCHOOL-AGE CHILDREN HEALTHY

As parents, we always look for ways to keep our children healthy and thriving. While proper nutrition, exercise, and regular check-ups are crucial, many families are discovering the benefits of chiropractic care for their school-age children. This holistic approach to health can significantly maintain overall wellness and even reduce the incidence of common childhood ailments like ear infections.

### The Chiropractic Approach to Children's Health

Chiropractic care for children focuses on maintaining proper spine and nervous system alignment. This is particularly important during school when children's bodies grow rapidly and face daily stressors like heavy backpacks, prolonged sitting, and sports activities. Regular chiropractic adjustments help ensure the body's systems function optimally, supporting overall health and boosting the immune system.

### Minimizing Ear Infections and Other Common Issues

One area where chiropractic care has shown promise is in reducing the frequency and severity of ear infections in children. A study published in the *Journal of Manipulative and Physiological Therapeutics* found that children who received chiropractic care experienced fewer ear infections compared to those who did not (3). The researchers suggested that chiropractic adjustments may help improve drainage in the ear canals, reducing the risk of infection.

### Beyond ear infections, chiropractic care may also help with other common childhood issues:

1. Improved posture: Regular adjustments can help correct posture problems that often develop during school years.
2. Better sleep: Chiropractic care improves sleep quality by reducing spine and nervous system tension.
3. Enhanced focus: Some parents report improvements in their children's concentration and behavior following chiropractic treatments.
4. Stronger immune system: Chiropractic care supports the body's natural defense mechanisms by optimizing nervous system function.

### A Gentle and Safe Approach

It's important to note that chiropractic techniques for children are gentle and age-appropriate. Pediatric chiropractors undergo specialized training to work with young patients, ensuring safe and effective care tailored to a child's unique needs.

As with any healthcare decision, it's crucial to consult with your child's pediatrician and a qualified pediatric chiropractor to determine if chiropractic care is appropriate for your child. When used as part of a comprehensive approach to health, chiropractic care can be a valuable tool in keeping school-age children healthy, reducing the frequency of common ailments, and supporting their overall well-being.

## HUMOR

**What's a runner's favorite subject in school?**

Jog-raphy!

**Why don't scientists trust atoms in a football game?**

Because they make up everything!

**Why don't football players ever get hot?**

Because they're always surrounded by fans!

## RESEARCH AND CHIROPRACTIC

THERE SEEMS TO BE NO END TO THE CONDITIONS THAT RESPOND TO CHIROPRACTIC CARE – PHYSICAL AS WELL AS PSYCHOLOGICAL CONDITIONS.

THAT IS BECAUSE CHIROPRACTIC DOES NOT “TREAT” A PARTICULAR CONDITION. CHIROPRACTIC CARE “TREATS” OR MORE ACCURATELY “CORRECTS” A SERIOUS INTERFERENCE TO BRAIN, NERVOUS SYSTEM AND ENERGY FUNCTION KNOWN AS THE SUBLUXATION.



NO MATTER WHAT CONDITION YOU OR A LOVED ONE MAY HAVE, YOU WILL ALWAYS FUNCTION BETTER WHEN FREE FROM SUBLUXATIONS. CHIROPRACTORS ARE UNIQUELY TRAINED TO LOCATE AND CORRECT SUBLUXATIONS. ENJOY THIS MONTH’S CASES AND SEE MORE NEXT MONTH.

### A 69-year-old man with decade-long insomnia and neck pain sought chiropractic care.

Examination revealed cervical subluxations and spinal degeneration. After nine chiropractic adjustments, the patient reported improved sleep, sleeping up to 6 hours with one waking. The patient felt better overall and continued care despite neck pain resolution. Chiropractic was the only treatment used during this period. (4)

### A 3-year-old with developmental delays and neurological challenges was diagnosed following a pregnancy complicated by gestational diabetes and C-section delivery at 39.5 weeks.

Her symptoms included hypotonia, delayed motor and speech development, emotional dysregulation, sleep disturbances, and feeding issues. Physical observations noted left-sided facial weakness, head tilt, toe walking, and post-rotational nystagmus. After initiating chiropractic care for subluxations, re-examinations at the 12th and 24th visits showed marked improvements in speech and sleep patterns. (5)

## SPORTS INJURIES & WEATHER CHANGES

As autumn leaves start to fall, athletes face unique challenges in staying injury-free. The crisp air and changing weather patterns of fall can catch even seasoned players off guard. Still, chiropractic care offers valuable strategies to keep sports enthusiasts safe and active during this transitional season.



Many athletes transition from summer sports to autumn activities in the fall. This shift in exercise routines can lead to unexpected strains and sprains, making preventative chiropractic care especially valuable during this seasonal change.

Chiropractors also provide crucial advice on equipment changes for fall sports. It is important to remember that our bodies react subtly to autumn’s weather changes. Chiropractors can help athletes tune into these shifts and adjust their habits accordingly. These small changes can significantly prevent fall sports injuries by modifying stretching routines for cooler temperatures or adapting training schedules to earlier sunsets.

Consider checking in with a chiropractor as you lace up for your autumn sporting activities. Their expertise might provide the key insights and techniques needed to maintain peak performance, even as the leaves change color. By incorporating chiropractic care into your fall athletic routine, you’re taking a proactive step towards a safer, more enjoyable sports experience in this beautiful season.

**Van Dam Chiropractic would like to thank our patients for their many referrals of friends and family to our office.**

**As a special thank-you, if you refer someone to Van Dam Chiropractic and they put down your name as the referral Dr. Van Dam will send out a \$10 GIFT CARD TO STARBUCKS**  
**We know there are a lot of choices of doctors for your healthcare and we thank-you for choosing us.**

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